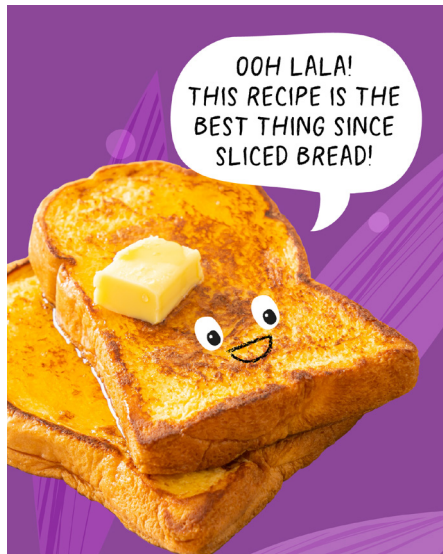


WHY WE LOVED IT

Sometimes food can be a real treat. Max's treat is French toast with lots of sugar and cinnamon and some biscuits crushed up on top for extra crunch!

We can't have food like this ALL the time because we need to have a balanced diet, one that includes all the food groups; but every now and then is really fun! We can imagine the bread puffing up as it cooks in the frying pan, and the smell of the cinnamon all toasty... it's making us very hungry!

What is your favourite food to have as a treat?



MY FAMILY FAVOURITE
What are you calling your recipe? What kind of dish is it?

SERVES: 5 **TIME:** 20mins

Triple F Toast (Famous Fat French) Toast
French breakfast dish

MY FAMILY MOMENT
The personal story behind your recipe.

My mom made it for me one day when I was young and I loved it so we always make it now.

INGREDIENTS
What would you need to make your special recipe? Make a list.

- 5 pieces Warburtons white thick sliced bread
- 5 eggs
- Cinnamon (1tablespoon)
- Sugar (3 tablespoons)
- 5 biscoff biscuits
- 3 tablespoons butter

EQUIPMENT
What would you need in the kitchen to make this recipe? List the equipment you would need.

- mixing bowl
- frying pan
- spatula

METHOD
Explain how to make this recipe using numbered steps.

1. First, take...
1)scramble eggs in a bowl, with sugar and cinnamon
- 2)Melt butter in a frying pan
- 3)Dip and drench the bread into the bowl of scrambled egg, covering both sides
- 4)Put bread onto frying pan and fry on both sides until golden brown
- 5)Once golden brown on both sides, top with desired topping either sugar, cinnamon or biscoff biscuits

Good luck!

INFO:

Total time: **20 minutes**

Serves: **5**

INGREDIENTS:

- 5 pieces of Warburtons white thick sliced bread
- 5 eggs
- 1 tablespoon of cinnamon
- 3 tablespoons of sugar
- 5 crumbled biscuits
- 3 tablespoons of butter

METHOD

STEP 1

First, crack the eggs into a bowl and whisk them up with a fork, whisk in the sugar and cinnamon.

STEP 2

Heat a frying pan over a medium heat and melt the butter.

STEP 3

Dip and soak the bread into the bowl of egg mixture, covering both sides.

STEP 4

Put the bread onto a frying pan and fry on both sides until golden brown.

STEP 5

Once golden brown on both sides, top with your preferred toppings. Max likes adding sugar, cinnamon and crumbled biscuits!